

<b>Gohon Kumite - Five step sparring</b>		
<b>Útok</b>	<b>Obrana</b>	<b>Kontra technika</b>
Jodan Oi-zuki x 5	Age uke	Gyaku zuki
Chudan Oi zuki x 5	Soto ude uke	Gyaku zuki

<b>Sanbon Kumite - Three step sparring</b>		
<b>Útok</b>	<b>Obrana</b>	<b>Kontra technika</b>
Jodan - Chudan- Mae Geri	Age Uke - Soto ude uke - Gedan Barai	Gyaku zuki
Jodan - Chudan- Mae Geri	Age Uke - Uchi ude uke - Gyaku Gedan Barai	Kizami zuki - Gyaku zuki
Jodan - Chudan- Mae Geri	Jodan Morote uke - chudan morote uke - sukui uke (All in back-stance - ko kutsu dachi)	Gyaku zuki (z)

<b>Kihon Ippon Kumite - Basic one step sparring</b>		
<b>Útok</b>	<b>Obrana</b>	<b>Kontra technika</b>
1 Jodan oi-zuki	Age Uke	Gyaku zuki
2	Tate shuto uke (back stance)	Shuto Uchi (Front Stance)
3	Nagashi Uke (diagonal, feet together)	Yoko Geri - Yoko Empi
4	Juji Uke	Mawashi geri - ushiro empi
5	Age Uke	Foot half back - Mae geri - Age empi

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1 Chudan oi-zuki	Soto Ude Uke	Gyaku zuki
2	Soto Ude Uke (Inside)	Yoko Empi (Kiba Dachi)
3	Uchi Ude Uke	Kizami zuki - gyaku zuki
4	Shuto uke (back stance)	Kizami geri - Nukite
5	Empi Uke (Kiba dachi)	Jodan ushiro empi

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1 Mae Geri	Gedan Barai	Gyaku zuki
2	Gyaku Gedan Barai	Kizami zuki - gyaku zuki
3	Gedan Juji uke	Jodan Shuto Juji Uchi
4	Gedan Barai (Neko Ashi dachi - diagonal)	Tate Shuto uchi - Mawashi Empi (Front stance)
5	Sukui uke (Back stance)	Gyaku zuki (Front stance)

<b>Kihon Ippon Kumite - Basic one step sparring</b>		
<b>Útok</b>	<b>Obrana</b>	<b>Kontra teknika</b>
1 Mawashi Geri	Jodan uchi uke (tai sabaki)	Gyaku zuki
2	Ryote tate shuto uke (Kiba Dachí)	Yoko empi
3	Jodan soto uke (Back stance - tai sabaki)	Gyaku zuki (front stance)
1 Yoko Geri Kekomi	Soto ude uke	Gyaku zuki
2	Gedan haiwan uke (forearm)	Jodan haito uchi
3	Tai sabaki - gyaku gedan barai	Yoko geri kekomi - Yoko Empi (kiba dachi)

<b>Jiyu Ippon Kumite - Semi-free one step sparring</b>		
<b>Útok</b>	<b>Obrana</b>	<b>Kontra teknika</b>
1 Jodan oi-zuki	Tenshin, Tai sabaki, Tate shuto uke (Inside, diagonal)	Gyaku zuki
2	Te Nagashi uke	Ura zuki (same time as block)
3	Age uke (Outside, diagonal)	Kizami mawashi geri - gyaku zuki
4	Hirate barai	Teisho uchi
5	Tobi osae uke (jump press block)	Tobi geri - Uraken uchi

<b>Jiyu Ippon Kumite - Semi-free one step sparring</b>		
<b>Útok</b>	<b>Obrana</b>	<b>Kontra teknika</b>
1 Chudan oi-zuki	Tenshin, Soto ude uke (45 degrees)	Migi Gyaku zuki
2	Step back - Gyaku seiryuto gedan uke	Jodan Uraken uchi
3	Tai sabaki	Hidari Gyaku zuki
4	Mae geri de-ai - Gedan barai	Kizami zuki
5	Gyaku gedan barai	Jodan Ushiro mawashi geri - Osoto gari - Gedan zuki

<b>Jiyu Ippon Kumite - Semi-free one step sparring</b>		
<b>Útok</b>	<b>Obrana</b>	<b>Kontra teknika</b>
1 Mae geri	Tenshin, Left Gedan bari (45 degrees inside)	Right Gyaku zuki
2	Step diagonal back with left foot, Right Gedan bari (45 degrees outside)	Hikite, Right Kizami zuki
3	Gedan Juji uke	Tenshin, left Jodan Shuto Uchi
4	Step Forward diagonally to the left, and block right Gedan Barai in passing	Turn, Gyaku zuki to opponents back
5	Step forward diagonally to the right, and block left sukui uke	Body bar with right forearm, lift and scoop opponent.

<b>Jiyu Ippon Kumite - Semi-free one step sparring</b>		
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1 Mawashi geri	Tenshin, Uchi ude uke (45 degrees)	Migi Gyaku zuki
2	Step forward – left gyaku zuki de-ai	Tenshin, Jodan shuto uchi
3	Twist, morote Tate shuto uke	Mawashi geri
1 Yoko Geri	Tenshin, Soto ude uke (45 degrees)	Right Gyaku zuki
2	Left haiwan uke (inside forearm)	Spin, ushiro mawashi empi
3	Step back, Haiwan juji uke (hands open)	Kizami Tate zuki
1 Ushiro geri	Step back, left hand downward sweep	Kizami mawashi zuki
2	Step back, right haiwan uke	Spin into left ushiro geri
3	Slide left foot forward, right sukui uke	Left hand on shoulder, tilt and ashi barai

<b>Jiyu Ippon Kumite - Semi-free one step sparring</b>		
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1 Kizami zuki	Dodge left, right uraken	Twist into left gyaku zuki
2	Te nagashi uke + ko uchi gari (foot sweep) same time	Chudan ura zuki – push away
3	Nagashi uke + Jodan ura zuki (fudo dachi)	Push away
1 Gyaku zuki	Tenshin, Kizami zuki (45 degrees)	Right Gyaku zuki
2	Dodge left, right gyaku gedan barai + mawashi geri (same time)	Jodan shuto uchi, step through and turn
3	Gedan barai	Uraken (same hand)